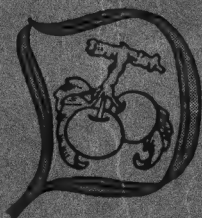
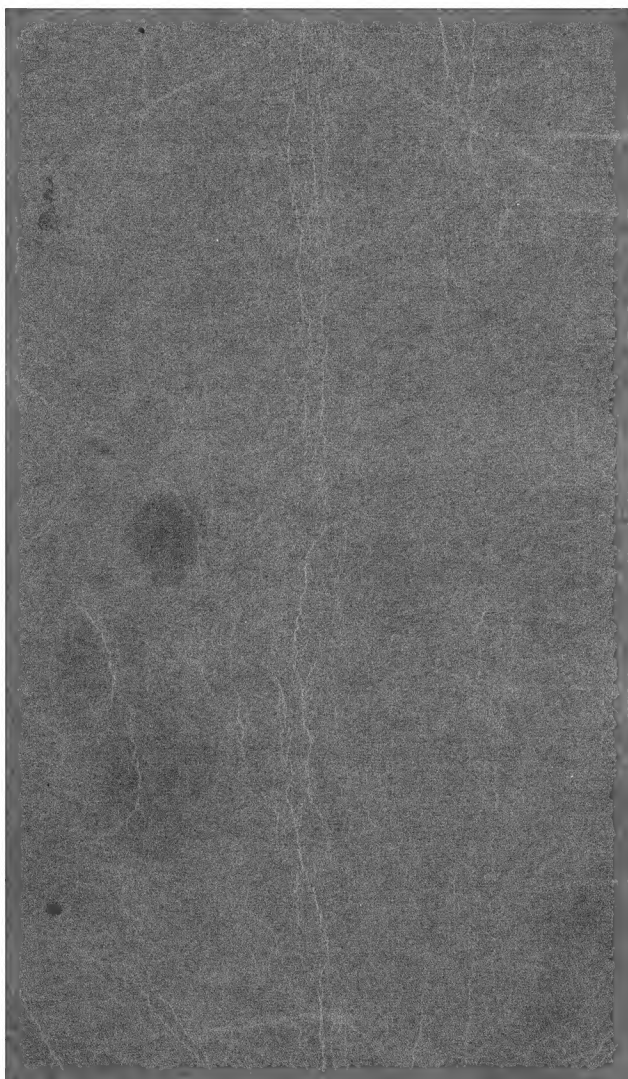


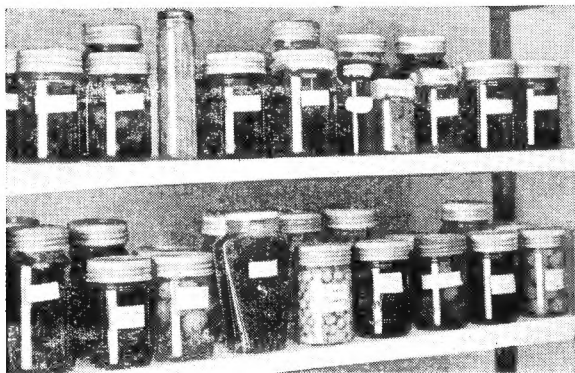
PRESERVING RECIPES
for
Hardy Home Grown Fruits



The
Manitoba
Hardy Plant Nursery
Dropmore . Manitoba



HARDY HOME GROWN FRUITS HOW TO USE THEM



Have well stocked shelves from your own
Garden and Orchard

A full line of fruit trees and bushes as well
as hardy garden ornamentals are carried by;

**THE MANITOBA HARDY PLANT NURSERY
DROPMORE - MANITOBA**

Descriptive catalogue free on request.
(See special fruit varieties useful
for ornamental planting.)



This little booklet has been prepared for the assistance of those who are already reaping the harvest from their own private orchard of fruit trees and bushes. It is also hoped it may be an encouragement to others who are interested but have yet to experience the thrill of gathering their own orchard products.

Recipes for all types of hardy fruits commonly grown or that can be grown on the prairies and in the northern portions of Canada are included. Satisfactory recipes for new types can often be obtained only after considerable experimenting. In this connection we are indebted to Mrs. G. F. Chipman and the Winnipeg Free Press Model Kitchen for a number of recipes.

Private contributions are acknowledged with the printed recipes. We cordially invite other suggested recipes for inclusion in any later issue of this booklet.

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The assistance of certain other publications is herewith acknowledged. These have been issued by the Dominion Dept. of Agriculture; Extension Service Dept. University of Minnesota, and The Winnipeg Tribune.



DOLGO CRABAPPLE JELLY

(Also suitable for other crabapple varieties)

Pick fruits before fully ripe. Wash, remove stems and cut in quarters. Add just enough water to cover the apples and cook until the fruit is soft and crushes. Drain juice through jelly bag. Measure the juice. Boil slowly for 20 minutes, remove scum and add sugar which has been heated in shallow pan, $\frac{3}{4}$ cups sugar for each cup of juice. Boil about 5 minutes or until it jells. Pour into hot sterilized glasses and seal with paraffin.

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The pulp remaining after removal of juice may be put through a colander to be used for PUMPKIN-CRABAPPLE MARMALADE (see recipe) or with added spice and sugar made into crabapple butter.



CRABAPPLE PIE

CRABAPPLE PIE

Use Dolgo variety, quarter and remove seeds, stem and blossom end. Do not attempt to peel, it is not noticable in the pie except to give it a rich coloring. Sweeten to taste. Dolgo crab-apples also make appetizing and attractive sauce; prepare fruits as for pie.

Mr. S. Pickup, 1998 Assiniboine Ave.,
Winnipeg, Man.

CRABAPPLE PRESERVES

(Red - Dolgo var: yellow - Sylvia)

4 Lbs. crabapples

4 Cups water

4 Lbs. sugar

Whole cloves

METHOD: wipe the crabapples but do not peel them. Leave on a small piece of the stem. Stick three or four cloves into each apple.

Make syrup of the sugar and the water and cook the apples in this until they are tender. Cook only as many at a time as will set flat on the bottom of the pan, so they will not break.

Lift them out carefully and pack into hot sterile jars. Fill jars to overflowing with the boiling syrup and seal immediately. If the syrup becomes too thick while you are cooking them add just a little more water.

GLACE DWARF CHINESE CHERRIES

(PRUNUS JAPONICA)

1 Lb. sugar

1 Pint cherries

1 Cup cherry juice

Red coloring

METHOD: Take cherries that have been pitted and canned according to recipe for unsweetened gooseberries. Add red coloring to tint syrup bright red. Add cherries after syrup spins thread. Bring to boil and then let simmer for a few minutes. Let cherries cool in syrup. Skim out cherries and place in platter so they do not touch. Boil syrup for five minutes longer and pour over cherries. Set in sunny window until they start to crystallize, which may take several days. Now lift them out on to a piece of cheese cloth spread over a wire rack to finish drying. Store in glass jars.

MINT JELLY

Wash mint and chop fine. Add $\frac{1}{4}$ cup each of sugar and water to each cup of chopped mint, and let stand over night. Bring to boiling point and then strain. Prepare crabapple jelly in the usual manner and when the jelling point is reached, add 1 or 2 tablespoons of the prepared mint juice for each quart of the crabapple juice. At the same time add green vegetable coloring.

ROWAN BERRY - Mountain Ash - JELLY

Half juice from Rowans

Half juice from crabapples

METHOD: Prepare juices as for crabapple jelly. After mixing juices continue as for crabapple jelly. Be sure to allow jelly to age before using. If made in September will be ready for Christmas.

Mrs. H. R. Mitchell,
Roblin, Man.

PUMPKIN CRABAPPLE MARMALADE

5 lbs. pumpkin

5 lbs. crabapple pulp

4 oranges

1 lemon

Three quarters cup sugar to each cup of mixed pulp

METHOD: Prepare pumpkin, cut in small pieces and steam until cooked. Mix prepared pumpkin and crabapple pulp; slice oranges and lemon thin, add with sugar and boil until clear and thick. Seal in sterile jars.

Mrs. R. Rusk, Roblin, Man.

OKA PLUM PRESERVE

5 Lbs. fruit
5 Lbs. sugar
3 Cups water

METHOD: Boil sugar and water until sugar is well dissolved. Prick the plums and pit them if desired and add the hot syrup. Cook until the plums are tender or well heated through. Pour into sterilized jars and seal.

SAPA PLUM JAM

2½ Cups ripe fruit
½ Cup water
1½ to 2 Cups sugar

METHOD: Put the water in a preserving kettle with the plums and bring to a boil slowly. Cook until the fruit is soft, then add the sugar and cook for 25 minutes. Remove from fire, pour into hot sterilized jars and seal at once with paraffin.

CRABAPPLE JELLY - Mint Flavored

(DOLGO CRABS)

Prepare jelly in the regular way. When jelly is ready to pour into jars take a bunch of fresh washed mint shoots and stir through the hot syrup for half a minute. Pour into sterilized jars and seal with paraffin.

Mrs. W. Alderman,
St. Paul, Minnesota.

OPATA PLUM JAM

4 cups ripe fruit

2 cups water

3 cups sugar

METHOD: Same as for Sapa Jam. If the plums are thought to be bitter at all, this bitterness may be removed by first covering the plums with cold water to which has been added soda in the proportion of 1 teaspoon soda to 1 quart of water. Just bring this water to a boil and then drain the plums and proceed according to recipe.

SAPA OR OPATA JAM

(No. 2)

4 lbs. fruit

4 lbs. sugar

Half cup water

METHOD: Wash and mash the fruit add the water and simmer for 5 minutes, being careful not to burn, add the sugar and boil until thick. Most of the pits will come to the top and may be skimmed off.

To make a really fine jam it is better to remove pits before cooking. A hair pin can be used for this.

PICKLED SANDCHERRIES

(BROOKS OR SIOUX VARIETIES)

METHOD: Wash sandcherries and fill sealers. Pour hot sweet syrup (pickle syrup), spiced to taste, over cherries and seal. Allow to stand several weeks before using.

Mrs. T. Moore, Kamsask, Sask.

SANDCHERRY CONSERVE

- 2 Cups sandcherries
- 1 Cup raspberries
- 1 Cup rhubarb
- 1 Cup crabapples
- 3 Cups sugar

METHOD: Pit the sandcherries before you measure them. Cut the rhubarb fine and wash and pick over the raspberries. If you can't get raspberries you can substitute some other kind of fruit, but there are still some of those left in most places, in August.

Core the crabapples and cut them in small pieces. Mix all the fruits and add sugar. Boil gently for about 20 minutes, or until the fruit is tender, then pour into hot sterile jars and seal immediately.



SAPA PLUM OLIVES

- 1 Tablespoon salt
- $\frac{1}{2}$ Cup vinegar
- Sapa or Opata plums

METHOD: Sterilize a pint jar and fill $\frac{3}{4}$ full with fruits. Add salt and vinegar and fill with cold water. Do not use for at least two months.

Makes excellent substitute for olives. The deep rich red coloring of the Sapa fruits add much to the attractiveness of a relish dish.

SANDCHERRY CORDIAL

- 3 Gallon ripe sandcherries
- 1 Gallon vinegar
- 3 Quarts water
- 2 Lemons and sugar

METHOD: Put the sandcherries through the chopper, pits and all. Place them in a crock. Add the vinegar and water and allow to stand for 24 hours. Drain off the juice and measure it. Add equal quantity of sugar and bring to boil, add the juice of two lemons. Boil for 5 minutes and seal.

This has a very distinctive flavor and is delicious with water, ginger ale, or in a fruit punch.

SANDCHERRY RELISH

- 5 Cups pitted sandcherries
- 5 Cups rhubarb, cut fine
- 4 Cups onions
- 2 Cups vinegar
- 1½ Lbs. brown sugar
- 1 Teaspoon salt
- 1 Teaspoon cinnamon
- ½ Teaspoon allspice
- ½ Teaspoon cloves
- ½ Teaspoon Cayenne pepper

METHOD: Measure the cherries after they are pitted. Cut rhubarb and onions very fine. Add the vinegar, sugar and spices and boil until thick. Pour into hot, sterile jars or bottles and either seal or cork, but if you do that, be sure to dip the corks in paraffin after bottles have cooled.

BROOKS SANDCHERRY PRESERVE

(Can also be used for other improved sand-cherry varieties.)

4 lbs. fruit

Syrup

METHOD: Sterilize the jars and fill with sand-cherries pitted or unpitted. Fill jars to overflowing with syrup made of 1 cup of water to 1 cup of sugar. Put in boiler and process for 25 minutes.



PEAR JELLY

(Wild Manchurian pear and Tait - Dropmore varieties.)

METHOD: Prepare same as for crabapple jelly.



SCOUT APRICOT & MacDonald Rhubarb Jam

2 Quarts of rhubarb, cut small

1 Cup water

4 Cups sugar

2 Dozen apricots, peeled and cut small

4 Tablespoons lemon juice

METHOD: Cook rhubarb and water together five minutes, add apricots and sugar and cook 20 minutes. Add lemon juice and cook 10 minutes longer. Turn into sterilized jars and seal when cold with melted paraffin.

FRESH APRICOT JAM

16 Apricots (Scout)

1 Orange

1½ Cups sugar

METHOD: Wash apricots, cut in halves and remove stones. Wash, wipe and slice orange fine; then cut each slice into small pieces. Add to apricots with sugar, mix well and cook slowly until thick, about 1 hour. Turn into sterilized jelly glasses, and when cold cover with melted paraffin.



CANNED PIXWELL GOOSEBERRIES

(UNSWEETENED FOR PIES)

Select firm green berries, remove stems and tails. Pack closely into sterilized jars, shake down to ensure full pack. Pour in boiling water to completely fill jars. Adjust rubbers and tops but only partially seal to allow steam to escape.

Place jars in steamer or on a rack in boiler and add warm water to come up about $\frac{3}{4}$ to top of jars. Cover boiler tightly, bring water to boil and continue for 10 minutes. As sealers are removed tighten tops securely. When desired to use, drain juice and add as much sugar as for fresh fruit.

Mrs. T. R. Hodgson,
Dropmore, Man.

GOOSEBERRY JELLY

(PIXWELL OR ABUNDANCE)

2 quarts gooseberries

2 cups water

Sugar

METHOD: Select firm, green berries. Wash and remove stems and tails. Mash with the water, then heat slowly to the boiling point. Boil 5 minutes. Strain through a jelly bag. Return to the fire and boil steadily for 10 minutes. Measure the juice and allow $\frac{3}{4}$ cup of sugar to each cup juice. Stir until it is dissolved. Then heat to the boiling point. Boil for 5 minutes longer then it should test for jelly. Pour at once into hot sterile glasses and seal with paraffin.



RASPBERRY RHUBARB JAM

(Chief raspberry and MacDonald rhubarb)

4 Cups diced rhubarb

2 Cups raspberries

4 Cups Sugar

METHOD: Wash the rhubarb and cut into $\frac{1}{2}$ inch lengths. If the skins seem tough it is well to peel it off. Combine with the raspberries and cover with the sugar. Set aside for several hours until the juice begins to be drawn out.

Turn into a large preserving kettle so that the jam may be boiled rapidly without danger of cooking over and heat slowly just until the juice flows. Then boil rapidly until the jam is thick. Stir it frequently for it burns easily. Pack into hot sterile jars and seal immediately.

RASPBERRY JAM

(MADE WITHOUT BOILING)

METHOD: Crush berries with a wooden spoon, then put them into a preserving kettle and heat just to the boiling point. Remove from the fire and measure. Allow 1 cup of sugar to each cup of the fruit and warm this in a slow over before adding.

Add the sugar and bring the jam again to the boiling point, but cook no longer. Pour into hot, sterile jars and seal immediately. This is rather thin at first, but it thickens as it stands, and it has a truly fresh fruit flavor.

SPICED CURRANTS

(Golden Currant - *Ribes odoratum*, or Kerry Black; etc.)

5 Lbs. currants
3 Lbs. white sugar
1 pint vinegar
1 Teaspoon cloves
2 do cinnamon
1½ do allspice
1 do nutmeg

Hardly cover fruit with water and simmer slowly until berries are cooked. Add other ingredients and boil for one hour. Seal in sterilized sealers.

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GOLDEN CURRANT—(*Ribes odoratum*). This also makes excellent mild flavored preserves, also choice treat made up in pie.

CURRENT JELLY

(LONDON RED - STEPHENS No. 9; Etc.)

Wash and pick over the currants. It is not necessary to remove them from the stems. Put into a preserving kettle and just barely cover with water. Cook until fruit is soft, mashing and stirring it to allow juice to escape.

Turn into a jelly bag and hang up so the juice flows freely, but do not squeeze the bag if you want clear jelly. Measure juice and return to the stove. Bring to a boil and continue for 10 minutes, then add 1 cup of sugar for each cup of the juice.

Stir until sugar is dissolved, then boil just as hard as possible until a few drops test for jelly. It does not take long—start testing just as soon as entire contents are boiling, and don't make too much at a time for the faster the jelly cooks the better it is.

Pour in hot sterile glasses as soon as it is done and cover at once with paraffin. When jelly is cold add another layer of paraffin. Store in cool, dry place.

PEMBINA - Highbush Cranberry - Marmalade

9 Cups juice of yellow cranberries

2 Lemons

3 Oranges

9 Cups sugar

METHOD: Peel lemons and oranges thinly and cut up with scissors. Throw away white pith. Put skins and pulp in juice and boil 20 minutes. When cooking stir once in a while.

Mrs. H. R. Mitchell, Roblin, Man.

SASKATOON RHUBARB PRERERVE

- 1½ Cups water
- 1½ Cups sugar
- 2 Lbs. Saskatoon berries
- 1 Lb. rhubarb

METHOD: Wash and pick over the berries and cut the rhubarb into ½ inch lengths peeling it the skins seems tough. Add the water and simmer slowly until berries are cooked tender. Then add the sugar and stir until it is dissolved. Let it just boil up, then pour into hot, sterile jars and seal immediately.

BETA GRAPE JELLY

(ALSO NATIVE GRAPE)

METHOD: Select grapes which are just a little on the green side. Wash and stem them and place in a preserving kettle, barely covering with water. Cook them until they are very soft, then turn into a jelly bag and drain off the juice.

Measure the juice and return it to the stove. Boil steadily for about 15 minutes then add from ¾ to 1 cup sugar to each cup of the juice. Stir until the sugar is dissolved. Boil as rapidly as possible until mixture tests for jelly. Pour at once into hot, sterile glasses and cover with paraffin.



CHERRY PIE: Sioux, Brooks, and other selected Sandcherries will make delicious deep pie. A dash of lemon juice may improve this delicacy for some tastes.

Mr. W. D. Moore, Biggar Sask.

HERB INFUSION VINEGARS

MINT (also tarragon, dill, sweet basil, sweet marjorum, and burnet) are frequently used as infusions. All that is necessary to do is to pick the fresh green leaves of the herb to be used just before flowering, wash, dry slightly before the fire, fill a jar with them, cover with a good grade of vinegar, keep out the air, allow to stand two to four weeks, strain, and bottle. Use the liquid according to its strength, for flavoring. Other herbs are sometimes treated in the same way.

Agricultural Extension Division
University of Minnesota Bulletin.

Candied Mint Leaves or Borage Flowers

Pick large leaves of Spearmint, Peppermint, or the flowers of Borage. Dip the dry, clean leaves or flowers in whipped white of eggs to which $\frac{1}{2}$ teaspoon of water has been added. Coat immediately with granulated sugar and lay on waxed paper. Allow to dry thoroughly. These may be used immediately or will keep for a considerable time.

Agricultural Extension Division
University of Minnesota Bulletin.



